



Human Services Department/ Youth & Family Services
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**What our interns/trainees have to say about their experience at
City of Fremont
Youth and Family Services**

Listed below are comments made by interns over the past six years in response to different questions we ask them to respond to as they complete their internship with us. The years listed in parentheses tell you which internship year the responses came from. For more information about the program, email **Laurie Linscheid, MFT** at llinscheid@fremont.gov

Feedback regarding what you found most valuable about the internship: (2010-2011)

- Individual and group supervision, case consultation and diversity of cases
- I found the experience of counseling to be the most valuable followed by individual supervision
- This site is well organized, supportive, has a good culture. I also had a great school site and good clients.
- The experience working with kids, treatment planning and progress notes. Supervision was the most valuable.
- The support I received from my supervisors with case conceptualization, risk and suggestions for implementation of interventions.
- Supervision and exposure to EPSDT (MediCal) paperwork...well some of it! I also found that I love facilitating groups.
- Supervision mainly, but group as well, and trainings
- The time I spent with the kids at the school was invaluable. I learned and grew so much along with them.
- I appreciated having the opportunity to work with younger children using play therapy techniques. I also found the paperwork, especially the MediCal forms to be a great learning experience.
- This is a positive work environment. The staff utilizes a collaborative approach. I felt that it was ok to make mistakes and that I was not expected to know everything.
- The trainings were relevant and useful in my work. I also appreciated the diversity of experiences from school based to clinic to parent psycho-education groups.

Feedback about your individual supervision: (2009-2010)

- My individual supervision could not have been better. My supervisor was really supportive especially when involved with clients or cases that were really difficult and overwhelming at times. She also provided a lot of materials to review that helped shed light on what I was seeing in clients. Her own experiences really helped when dealing with things in counseling that I had no experience with. And she had a way of helping me to discover my own resistances to therapeutic interventions that would be and were helpful to clients. And she managed to do this without making me feel in any way inadequate.

- I was good, helpful and informative. I really like how open the supervisors are to being contacted and supporting/consulting. Supervisor was always quick to give feedback and help.
- My supervisor was an amazing and wonderful supervisor. She gave me excellent advice and feedback regarding clients and was very encouraging and supportive about the work that I was doing with clients. This allowed me to feel confident in the interventions and therapy work that I did with clients. I also loved her energy and I felt that we had a really sweet connection.
- I appreciated being able to have support and be able to contact the supervisor via email and cell if I needed to consult between supervision meetings.
- Flexible, supportive, helpful
- I felt supported completely and had excellent guidance and feedback
- This has been a tremendous help in getting me accustomed to the unique ways of doing clinical writing (treatment plans, progress notes).
- I look forward to my individual supervision each week. I appreciate the scaffolding provided by my supervisor when it comes to the many responsibilities that come with this internship, and am especially thankful for all the times she's pointed out areas of intervention or paperwork that I have missed.
- Great supervision. I learned so much about myself as a therapist.
- Phenomenal! Was made to feel a part of the team and made to feel like my work was important, even when I doubted myself. My supervisor knew exactly how to push the envelope and lend support.
- I felt that individual supervision was helpful, although I would have liked more structure.
- Very helpful and allowed me to lead according to my training needs.
- My supervisor was awesome.
- It was great, very encouraging and supporting. Felt like it was helping me as a person/therapist, too. Could off-load on my supervisor and he was always there to listen. Appreciated the constructive feedback.
- I had quite a few insights from individual supervision and processed transference and counter-transference. Supervisor provided a very safe and warm environment for me to process my personal and professional growth.
- It was great! My supervisor was very flexible and supportive. I felt like she was always there when I needed her.
- Appreciated the balance of nurturing approach but also holding me accountable of work.
- My supervisor was very supportive and helped build my confidence and my professional/clinical skills.
- Very helpful. Always available. Made me feel safe. Thank you.
- Excellent. I felt listened to and respected, even when I made mistakes.
- I felt challenged, supported and as if my clinical judgment was trusted - felt like my supervisor always had confidence in my abilities as a clinician.
- My supervisor was always organized and ready to listen to my case discussions. She encouraged me to come to answers/solutions on my own while offering guidance when needed. She obviously had years of experience and I trusted her judgment in all situations.

What did you find most valuable about this placement? (2008-2009)

- Having to make decisions about the structure of sessions and being exposed to a variety of problems (anxiety, dysthymia, etc.). Learning the MediCal paperwork (treatment plans and writing good progress notes) has also been valuable.
- Individual supervision; guidance on case conceptualization and treatment planning; trainings with rich information; group support; great interns and staff!
- Individual supervision was incredibly helpful in deepening my awareness of myself as a therapist and learning to trust the process of therapy.
- The experiences and opportunities I was given were the most valuable part of this placement. You are treated like one of the staff and given unique opportunities like Parent Project to help facilitate.
- Vast client population and gaining extensive clinical experience
- Even though at times I felt overwhelmed with paperwork, I now feel like I learned a lot and I am no longer overwhelmed by it.
- I found individual supervision helpful. The feedback and help with my cases was great.
- My experience with school based services. I also found the trainings and supervision support very valuable.
- The supervision and support from staff was most valuable during an experience like this one that was new and challenging.
- Now that I've worked with kids at YFS for a year, I feel like I can really do some good work with kids; I feel more comfortable and confident.
- Learning to work therapeutically with children of diverse backgrounds was invaluable to me. I feel that I worked very well with the older kids and learned what works best for me in regard to my style. I also both love and hate the amount of paperwork – I do feel prepared to do Medi-Cal documentation in future jobs!
- The support, the feeling like we always have someone we can talk to or consult with; individual and group supervision.
- The support of all staff and interns; the trainings; group and individual supervision; the exposure of different ethnicities.
- Individual supervision and the trainings. I also enjoyed my school site placement (High School)
- The clientele and professional staff, who were challenging case and offered extreme expertise, respectfully. We received just enough training to work fairly independently at the school sites, which helped us grow and develop the confidence in ourselves to work in a clinical setting on our own in the future. The supervision experiences were invaluable as well – particularly group where we got to share our cases and receive extensive feedback.
- My experience with families was the most challenging and at the same time a very valuable lesson for me in practicing therapy, learning about my limitations, and perceived feelings of inadequacy.
- It's hard to pinpoint what was most valuable about this practicum experience as I feel the combination of the unique training opportunities, supportive environment, supervision, and having a diverse caseload all contributed to this invaluable experience. I especially appreciate that clients would be held or offered to me based on my interests and goals.

Did this internship meet your expectations? (2007-2008)

- This internship went beyond my expectation. Although at first I was overwhelmed by the amount of paperwork and procedures, but trainings and supervisors made all of the hassles go away. I am glad that I have gained such valuable experiences in this agency.
- It was a good experience in learning how to work with families, dealing with parents, etc. I gained a lot of knowledge in utilizing play therapy
- I was able to continue expanding the different types of populations I've worked with; I got to do more/experience more family treatment. I continued to build skills in writing treatment plans.
- I expected to receive great supervision and training - which I did. I also expected to work with all ages and cultures of children and youth - which I was also able to do.
- The trainings were exceptional. The access to experienced personnel was invaluable.
- I felt very secure and supported in all my cases. I felt very comfortable in going to my supervisor if I felt overwhelmed.
- Exceeded my expectations.
- My goals were to (1) gain experience working the children and families and (2) find out if I wanted to work with children and families in the future. Both goals were accomplished.
- YFS has been great. I'm certainly going to consider a career in child and family therapy.
- Had good breadth of experiences that help me feel up to future challenges.
- Of course! I'm very glad I decided to stay a second year.
- Absolutely! I appreciated the diversity and the great supervision and trainings. Very well organized.
- I feel like I got good experience by working both my school site and the clinic.
- Overall, I have had a very good experience with the solid training, clinical opportunities, and personable staff/clinicians here at YFS. I feel I have learned a lot about working with children with a wide variety of difficulties and I look forward to more work with children.
- I truly enjoyed being at YFS. I am going to miss everyone here. This year's group supervision was so amazing. I feel like I have gained knowledge and confidence in myself as a person and as a clinician.
- The internship went beyond my expectations and I am very pleased to have worked here for the past year. The staff was really supportive and helpful and the supervisors were available for consultation when needed and responded promptly in a professional way.
- This internship went above and beyond my expectations. I had the opportunity to work with a variety of clients. I learned so much in individual and group supervision and trainings. With the information I learned and support I received I was able to work with my clients effectively and with confidence.
- Very organized, learned a lot about play therapy and school based work.
- I received excellent training and supervision.
- I have been satisfied with my internship experience at YFS. My caseload was been varied and diverse which has helped expand the breadth of my experiences.

Feedback regarding your individual supervision: (2006-2007)

- My supervisor was very helpful with his constructive feedback; he had a lot of practical advise to give
- Wonderful listener, support and offers great feedback and ideas. I never felt devalued.
- It was the right amount of supervision; I felt lots of support and found the feedback and strategies very helpful.
- Supervision was absolutely superb. I really appreciate the honesty in my work and constant guidance. I always knew I could reach my supervisor quickly through phone and email when I was off-site, which was a great comfort for my first year working with clients. My individual supervisor was a source of inspiration.
- It was wonderful!! I learned so much about my clients, the process, technique, and myself!
- The matching of trainees to intern supervisors was superb! I really connected to my supervisor and felt comfortable seeking guidance with various cases and professional/personal development.
- Individual supervision was very helpful – wish it could be more than one hour/week!
- Excellent and realistic feedback, very wiling to work with me to resolve issues, always supportive and encourages me to try new things, always accessible, respectful and insightful.
- Love it. It's so easy to talk with my supervisor and I felt completely comfortable sharing my experiences.
- My supervisor was very able to match my pace and support as well as challenge me.
- Individual supervision has been effective and I felt the time was productive. I gained useful feedback regarding interventions for clients/parents and have grown as a training clinician.